



To rule the spirit is to keep self under discipline; to resist evil; to regulate every word and deed by God's great standard of righteousness. He who has learned to rule his spirit will rise above the slights, the rebuffs, the annoyances, to which we are daily exposed, and these will cease to cast a gloom over his spirit.

Wells, Ellen G., Messages to Young People, p. 134

The Second Lunar Month

Zif 5926±

after the Creation recorded in Genesis  
and the 2022nd\*\*\* year after the beginning of Yeshua Messiah (Luke 1:26)

[29th of April 2006 – 28th of May 2006 (after Caesar Tiberius\*\*\*)]

Day Seven Sabbath		Day Six		Day Five		Day Four		Day Three		Day Two		Day One	
[Saturday]		[Friday]		[Thursday]		[Wednesday]		[Tuesday]		[Monday]		[Sunday]	
MN		MN		MN		MN		MN		MN		MN	
✂		✂		✂		✂		✂		✂		✂	
1	א												
[Apr 29]	____ Sabbath												
8	ח	7	ז	6	ו	5	ה	4	ד	3	ג	2	ב
		20:06											
[May 6]	____ Sabbath	[May 5]		[May 4]		[May 3]		[May 2]		[May 1]		[Apr 30]	
15	טו	14	יד	13	יג	12	יב	11	יא	10	י	9	ט
			20:23										
[May 13]	____ Sabbath	[May 12]		[May 11]		[May 10]		[May 9]		[May 8]		[May 7]	
22	כב	21	כא	20	כ	19	טז	18	יז	17	יז	16	טז
		20:39											
[May 20]	____ Sabbath	[May 19]		[May 18]		[May 17]		[May 16]		[May 15]		[May 14]	
29	כט	28	כח	27	כז	26	כו	25	כה	24	כד	23	כג
		20:53											
[May 27]	____ Sabbath	[May 26]		[May 25]		[May 24]		[May 23]		[May 22]		[May 21]	
												30	ל

The number for each Sabbath of the Omer count is for yourself to enter into the calendar on the line provided. (Compare the first Sabbaths of the Omer.)  
\*\*\*Years after the beginning of Yeshua Messiah vs. Years after Caesar Tiberius - see ref. #7

The Second Lunar Month

Zif 5926±

after the Creation recorded in Genesis  
and the 2022nd\*\*\* year after the beginning of Yeshua Messiah (Luke 1:26)

[30th of April 2006 – 29th of May 2006 (after Caesar Tiberius\*\*\*)]

	ז	ז	ז	ז	ז	ז	ז	ז
	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven	ז
	Sabbath						Sabbath	
7	ז	ז	ז	ז	ז	ז	ז	ז
[May 6]	[Apr 30]	[May 1]	[May 2]	[May 3]	[May 4]	[May 5]	20:06	6
14	ז	9	10	11	12	13	20:23	13
[May 13]	[May 7]	[May 8]	[May 9]	[May 10]	[May 11]	[May 12]	20:39	20
21	ז	טו	טז	יז	יח	יט		20
[May 20]	[May 14]	[May 15]	[May 16]	[May 17]	[May 18]	[May 19]		27
28	כב	כג	כד	כה	כו	כז	20:53	27
[May 27]	[May 21]	[May 22]	[May 23]	[May 24]	[May 25]	[May 26]		
	כז	ז						
		[May 28]						

The number for each Sabbath of the Omer count is for yourself to enter into the calendar on the line provided. (Compare the first Sabbaths of the Omer.)  
\*\*\*Years after the beginning of Yeshua Messiah vs. Years after Caesar Tiberius - see ref. # 7

The Second Lunar Month

Zif 5926±

after the Creation recorded in Genesis  
and the 2022nd\*\*\* year after the beginning of Yeshua Messiah (Luke 1:26)

[1st of May 2006 – 29th of May 2006 (after Caesar Tiberius\*\*\*)]

Day Seven Sabbath		Day Six		Day Five		Day Four		Day Three		Day Two		Day One	
Saturday	MIN	Friday	MIN	Thursday	MIN	Wednesday	MIN	Tuesday	MIN	Monday	MIN	Sunday	MIN
6	ז	5	ז	4	ז	3	ז	2	ז	1	ז		ז
[May 6] Sabbath of the Omer	20:06	[May 5]		[May 4]		[May 3]		[May 2]		[May 1]			
13	ז	12	ז	11	ז	10	ז	9	ז	8	ז	7	ז
[May 13] Sabbath of the Omer	20:23	[May 12]		[May 11]		[May 10]		[May 9]		[May 8]		[May 7]	
20	ז	19	ז	18	ז	17	ז	16	ז	15	ז	14	ז
[May 20] Sabbath of the Omer	20:39	[May 19]		[May 18]		[May 17]		[May 16]		[May 15]		[May 14]	
27	ז	26	ז	25	ז	24	ז	23	ז	22	ז	21	ז
[May 27] Sabbath of the Omer	20:53	[May 26]		[May 25]		[May 24]		[May 23]		[May 22]		[May 21]	
										29	ז	28	ז
										[May 29]		[May 28]	

The number for each Sabbath of the Omer count is for yourself to enter into the calendar on the line provided. (Compare the first Sabbaths of the Omer.)

Notice: In the Biblical calendar the day/date always begins at sunset the day before.

\*\*\*Years after the beginning of Yeshua Messiah vs. Years after Caesar Tiberius - see ref. #7

[illegible]

**Notice:** In the Biblical, Jewish and Hijri calendars the day/date always begins at sunset the day before.

Gregorian (Swed): Every Sunday/Sunday: 30th of April - Valborgsmässoftan: Kungens födelsedag (The King's birthday): May: 1st - Första Maj: 25th - Krist himmelfärdsdag: 28th - Mors dag  
Gregorian (USA): 14th of May - Mother's day: 29th of May - Memorial day  
Jewish: 7th day of the week - Sabbath: 14r: 1st - Rosh Chodesh Iyyar: 4th - Yom HaZikaron (Israel's Memorial Day): 5th - Yom HaAtzmaut (Israel Independence Day): 7th - 4th week/22nd day of the Omer: 14th - 5th week/28th day of the Omer: 18th - Lag B'Omer (33rd day of counting the Omer): 21st - 6th week/36th day of the Omer: 28th - 7th week/43rd day of the Omer: 28th - Yom Yerushalayim: 29th - Shabbat Chofeh Chodesh: 1st of Sivan - Rosh Chodesh Sivan

Hijri:  
Chinese: 1st of May - International Labor Day: 4th of May - Youth Day